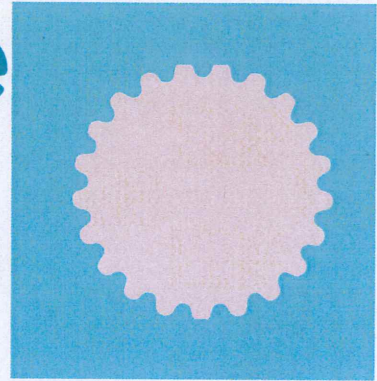


**Barking &  
Dagenham  
Family  
Hub**

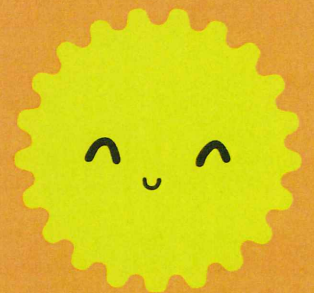
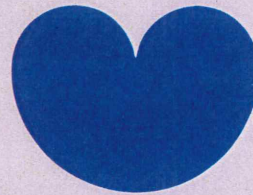
# Infant Feeding Support Across Barking and Dagenham

**Lifeline**  
Projects

**NELFT** **NHS**  
NHS Foundation Trust



Offering support with your feeding journey – including starting and continuing comfortable breastfeeding, safe and responsive bottle feeding, expressing/pumping, and meeting other parents.



Infant feeding support groups and antenatal programmes available. Scan the QR code

